

## MO TAGATA MALAGA KUA TOE LILIU MAI MA TE COVID-19 E OLO KI JET PARK

Ko koe kua maua i te COVID-19. Ko koe kua manakomia ke nofokehea i te faletalimalo puipuia - Jet Park - e iei ai nā fehoahoaniga mo na tino e maua i te COVID-19.



Ko te kaufaigaluega o te Ola Malolo Fakamua kua telefoni atu ke fakatonu te fano o koe ki Jet Park. Ko te faletalimalo tenei e maua uma ai nā mea e manakomia e koe i te taimi e nofokehea ai koe, e aofia ai te kikila o nā manakoga tau te kikilaga fakafomai.

Ka kua maua i te COVID-19, **ka manakomia koe ke nofokehea mō he 72 itula i tua maikāfai kua umao nā āuga mā tuhamo te hefulu o aho talu te kimata o nā āuga o koe.** Kafai koe e taofia i te falemai, ko te mea tenei ka fakaloa ai te taimi e nofokehea ai koe. Ko te vaega fomai i te Jet Park ka hiaki e kilatou na āuga ma ka taku atu kāfai koe ka āvanoa ke fanokehe.

Ko te fakamatalaga tēnei e fehoahoani kia te koe ke iloa ai e koe te mea e pā ki ei kāfai koe e fano ki te Jet Park. Ka maua e koe he afiafi fakafeiloaki i te taimi e taunuku ai koe ma iētahi fakamatalaga i te taimi e nofo ai koe i Jet Park.

### FAKATATAU KI TŌ NOFO I TE JET PARK

- **Ko nā hoa nae failalaga fakatahi koutou kā lea ki ei ke olo ki Jet Park.** Kāfai koe nae potu fakatahi i te faletalimālo i lalo o te taukikilaga mō te nofokehea, ko nā hoa o koe e ono mafai ke nonofo fakatahi i he potu ma koe, pe nofo i he potu e kehe mai. Ko te nofo i te potu e fokotahi e mafai ke fakaloaloa ai te taimi e nofokehe ai ma fakalahi ai te afaina o te maua i te tauale. Ko te Ola Malolo Fakamua ka fakatalanoa te taua o te fuafuaga tenei me koe. Ko na hoa failalaga o koe e ono manakomia ke fai ni hukehukega fakaopopo ma ka hiaki e te vaega fakafomai i te Jet Park i aho takitahi. Ko te aho e teka kehe ai ma Jet Park atonu e kehe mai ma te aho o koe.
- I te Jet Park, ko koe ka iei to potumoe, tafatafa/ faletakele ma te TV. Ko koe ka maua au meakai, e maua te Wi-Fi e hē totohia ma nā kaukaunaga mo na tagamea.
- Ko te vaega i te Jet Park ka lagolago tukuatu ni fakamatalaga e lahi kāfai koe e taunuku. Fakamautu to liko. Nofo i to potu i te lahi o taimi e mafai e koe. Na he valakaulia e koe ni tino ki te potu o koe pe ahiahi ki iētahi tino pe ko ni tino o nā kaiga i ō latou potu i te faletalimalo.
- Fakatakitaki te tale, mafatua leleimatauhi fakalelei na limae taua lahi lelel. Tiaki na pepa (tissues) kua fakaaoga. Fufulu o lima i he meamoli



ma fakamamago fakalelei. Fakaaogā he vailakau fufulu lima (hand sanitiser) kāfai e hē maua he meamoli ma he vai.

- Kafai koe e fano ki Jet Park, ma kāfai koe e hē i to potu i te faletalimalo, fai he ufimata ma fakamautinoa ko koe e fakatakitaki e koe te ola tumāmā lelei ke puipuia ai iētahi tino.
- Kafai kua kamata fakalogo ko koe e hē malohi i Jet Park - fakatahi ai ma nā āuga e veia ko te fiva, tale, faigata ke manava, pe ko te kakala o te faī, **fakamolemole nofo i tō potu ma telefoni te 8998 mai te telefoni i tō potu;** ko he tino fakapitoa o te ola malolo ka fanatu ke hiaki koe.



### E VEHEA ONA FEHOKOTAKI AU MA TOKU KAIGA MA NA UO?

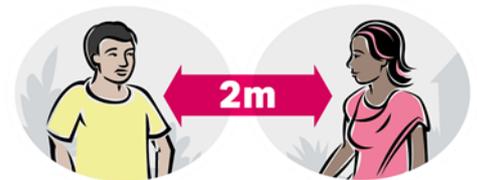
E iei te Wi-Fi e hē totogia e mafai ke fehokotaki ai koe ma au uō ma tō kaiga i te text, telefoni ma te vitio (video).

E iei foki te potu mo nā kaukaunaga mo nā telefoni. Ko na talanoaga i te telefoni i te va o nā potu i loto o te faletalimalo ma nā kaukaunaga e heai he totogi. Ko te talanoaga i te telefoni ki he telefoni fekaveaki pe ko iētahi numela i fafo e totogi; e totogi i taki minute (rates) e tatau ke totogi e koe.



### E MAFAI AU KE FAKAMALOHI TINO PE FANO HAVALI I TE JET PARK?

Io, ko te vaega i te Jet Park ka fautua atu pe vehea ona mafai koe ke fano ki fafo mo he fakamalohi tino i nā taimi fakapatino. Kafai koe ei fafo o te potu o koe i te faletalimalo oi fai ho ufimata i taimi uma, ma fakaaogā te vailakau mo na lima (sanitiser) ma tauhihi ki te lua mita te mamao ma iētahi tino.



### E VEHEA ONA UFI OKU KIE?

I te Jet Park e iei te faiga ke fai ai tau tagamea i he auala haogalemu, e ufi ai o kie mo koe. Fakamolemole oi mulimuli ki te fautuaga e tuku atu kia te koe i Jet Park.

### KO TE FAKAHUHU I TE MATUA KAE NOFOKEHEA

Ko nā mea e lelei ai te fakahuhu i te matua e fakaheai ai te ono fakahalalau o te hiamā kāfai koe e maua i te COVID-19. Ko te fakatogātama (midwife) pe ko te GP e mafai ke kavatu ni iētahi fautuaga, pe ko ni fakamatalaga i te [Royal College of Obstetrician and Gynaecologists website](#).

## MO NI IĒTAHI FAKAMATALAGA MA NI FAUTUAGA

### LAINA TELEFONI O TE OLA MALŌLŌ (HEALTHLINE)

Telefoni e hē totoġia 0800 358 5453  
E iei foki te 24/7 tautuaga mo he  
fakamatalakupu.

### TAUTUAGA MO NĀ KAIGA AHIA (HELPLINE)

Mo hō he fehoahoaniga faka te mafaukau i te  
gagana Igilihi, Mandarin, Cantonese, Korean,  
Vietnamese, Japanese, Thai and Hindi. Vili te  
telefoni e hē totoġia 0800 862 342, mai te aho  
Gafua ki te aho Falaile te 9 i te taeao (9am) ki  
te 8 i to afiafi (8pm) pe hiaki atu te kupega  
[asianfamilyservices.nz](http://asianfamilyservices.nz)

### FAKAMATALAGA I NA GAGANA FAKALILIU

Hiaki atu te kupega  
[arphs.health.nz/communityinfo](http://arphs.health.nz/communityinfo) or  
[covid19.govt.nz/translations](http://covid19.govt.nz/translations).

### E FIA TALANOA KOE? 1737

Vili i te telefoni e hē totoġia  
pe text 1737  
Hiaki atu te kupega  
[1737.org.nz](http://1737.org.nz) for information



## FOR RETURNING TRAVELLERS WITH COVID-19 GOING TO JET PARK

**You have been diagnosed with COVID-19. You are now required to isolate at a quarantine hotel - Jet Park – where there is more support for people with COVID-19.**

Public Health staff will have called you to arrange for your move to Jet Park. This hotel provides everything you need while you are in isolation, including access to medical care.

As you have COVID-19, you will need to **stay in isolation until 72 hours after your symptoms have stopped and at least ten days since your symptoms started**. If you are admitted to hospital, this will extend your stay in isolation. The medical team at Jet Park will check your symptoms and will let you know when you are free to leave.

This information is to help you know what to expect when you move to Jet Park. You will receive a welcome pack on arrival with more information on your stay at Jet Park.

### ABOUT YOUR STAY AT JET PARK

- **Your travelling companions will be asked to go to Jet Park too.** If you have been sharing a room at the managed isolation hotel, your companion/s may continue to share a room with you, or stay in a separate room. Staying in the same room as you may make their isolation time longer and increase their risk of becoming sick. Public Health will discuss this important decision with you. Your travelling companions may also need to have extra tests and will be checked by the medical team at Jet Park each day. Their day of release from Jet Park may be different to yours.
- At Jet Park, you will get a bedroom, bathroom and TV. You will be given meals, have access to free Wi-Fi and a laundry service.
- The Jet Park team will support you and give you more information when you arrive. Maintain your bubble. Stay in your room as much as possible. Do not invite people to your room or visit other people or family members in their hotel rooms.
- Practising good cough, sneeze and hand hygiene is vital. Throw away used tissues. Wash your hands with soap and dry them well. Use a hand sanitiser if soap and water are not available.
- While moving to Jet Park, and when not in your room at the hotel, wear a face covering and make sure you practise good hygiene to protect others.
- If you start feeling more unwell when at Jet Park – including symptoms such as fever, a cough, difficulty breathing, or a sore throat, **please stay in your room and call 8998 from your room phone**; a health professional will come to check on you.

### HOW WILL I STAY IN TOUCH WITH MY FAMILY AND FRIENDS?

There is free Wi-Fi so you can stay connected with your friends and family via text, calls and video.

There is also an in-room telephone service. Calling between rooms within the hotel and for hotel services is free. External calling to mobile phones or other numbers is not free; this is charged per minute at hotel rates which you will need to pay for.

### CAN I EXERCISE OR GO FOR A WALK AT JET PARK?

Yes, the Jet Park team will advise you on how you can go out for exercise or walks at specific times. When outside your hotel room wear a mask at all times, use hand sanitiser and keep two metres away from others.

### HOW WILL I WASH MY CLOTHES?

At Jet Park there is a system to get your laundry done in a safe way, so your clothes will be washed for you. Please follow the advice given to you at Jet Park.

### BREASTFEEDING WHILE IN ISOLATION

The benefits of breastfeeding outweigh any potential risks of transmission of the virus if you have COVID-19. Your midwife or GP can provide further advice, or you can find more information at the [Royal College of Obstetricians and Gynaecologists website](#).

### FOR FURTHER INFORMATION AND ADVICE

#### HEALTHLINE

Freephone 0800 358 5453  
A 24/7 service with interpreters available

#### INFORMATION IN TRANSLATED LANGUAGES

Visit [arphs.health.nz/communityinfo](https://arphs.health.nz/communityinfo) or  
[covid19.govt.nz/translations](https://covid19.govt.nz/translations)

#### ASIAN FAMILY SERVICES HELPLINE

For general counselling in English, Mandarin, Cantonese, Korean, Vietnamese, Japanese, Thai and Hindi languages. Call 0800 862 342, Monday to Friday from 9am to 8pm or visit [asianfamilyservices.nz](https://asianfamilyservices.nz)

#### NEED TO TALK? 1737

Free call or text 1737  
Visit [1737.org.nz](https://1737.org.nz) for information